

Leveraging the Competitive Advantage

Post, Polak, Goodsell, MacNeill & Strauchler PA

Frederick B. Polak

Being represented by Frederick B. Polak is like having the other team's handbook. Handling both plaintiff and defense employment cases as well as shareholder litigation, Polak draws on broad insight from both sides of the table to construct his trial strategies.

"I have an edge in anticipating how the other side is going to either pursue or defend a case," says Polak, managing partner and head of litigation for Post, Polak, Goodsell, MacNeill & Strauchler PA.

One of his most notable victories was helping the limited partner owners of a medical practice recoup virtually every cent from a general partner who had cheated them out of millions of dollars. He has also successfully represented women who have been sexually harassed in the workplace and has both exposed discrimination based on gender and sexual orientation and defended entities so accused. Additionally, Polak regularly advises companies on how to implement policies that prevent such discrimination.

Skilled Investigator

Polak's legal acumen comes from more than 30 years of litigation experience, including seven years as a federal prosecutor in New Jersey and Washington, D.C.

"Over the years, I have developed investigative skills that have served me well in a civil context," Polak says.

These skills are used to uncover the truth in murky discrimination cases, such when a construction

worker who claimed he'd been the victim of discriminatory taunts was ultimately shown to have incited the discourse. In another such scenario concerning a shareholder dispute involving over 50 real estate projects, over 1 million documents were exchanged to demonstrate that the dissident shareholder's claims were mostly frivolous.

Effective and Efficient

The insight that informs Polak's trial strategy also allows him to work with opposing counsel in a productive and cost-efficient manner.

"There's a time and a place to be very aggressive, but there are other times when the client's best interests are served by working collaboratively with adversaries," Polak notes. "Adversaries and clients appreciate that I recognize that distinction and only fight when it really counts."

The firm is conservative with billable hours, too. When assembling strong litigation teams, the firm is careful to not include so many staff members that the client gets billed for redundant work.

Polak's credibility is underscored by his high referral rate. New clients come not only from client referrals, but from other attorneys, including adversaries.

"What I find most rewarding is being a hands-on lawyer," Polak says. "My clients say they appreciate my responsiveness and how much I care that they get the right results. They know I'm in their corner all the way."



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